

HOUSE RULES

The House Rules of *All About You @ The Gym* are in place to ensure that all members can work out in the best possible environment and with great enjoyment. We kindly ask all members to adhere to the following rules:

1. Clean sportswear and indoor sports shoes are mandatory in the workout areas. Shoes with marking soles are not allowed.
2. Training with a bare upper body, caps, or other headwear is not permitted unless for religious or medical reasons.
3. Members' personal belongings and valuables must be stored in a locker. Lockers must be emptied after use.
4. Using a towel during workouts is mandatory. Members must leave machines and weights clean, dry, and tidy for the next user.
5. Mobile phones are allowed but must not cause disturbance to other members. Please make or take calls before or after your training, not during. This disrupts both your own and others' workouts.
6. Please do not use the same equipment for more than 20 minutes if all machines are in use, unless you are in a personal training session.
7. Children under the age of 16 are not allowed in the gym. Children aged 16 to 18 may only train under the supervision of an adult member (18+).
8. Group classes start at the scheduled time. We expect members to be on time. Instructors have the right to deny entry once the class has begun.
9. Smoking, pets, food, and the consumption of alcohol are not permitted in the gym.
10. Drinks are only allowed in sealed bottles within the workout areas.

Members who do not comply with these rules and who ignore management instructions risk losing their membership.